

From: Schwab Mary Ann <e33maschwab@gmail.com>

Subject: **Growing old is not for the faint of heart!**

Date: May 25, 2016 2:03:09 AM PDT

To: Novick Steve <Steve.Novick@PortlandOregon.gov>, Fritz  
Commissioner Amanda <amanda@portlandoregon.gov>, Hales  
Charlie <MayorHayes@PortlandOregon.gov>, Saltzman Dan  
<dan@portlandoregon.gov>, Fish Nick <nick@portlandoregon.gov>



Thank you City Council members and Mayor Charlie Hales recently declared the month of May Older Americans month.

You honored Elders in Action staff and "Older" volunteers for achieving the mission "to assure a vibrant community through active involvement of older adults"?

**Mayor Hales tells us, "It is best for Older Americans to live in their homes for as long as possible."**

I believe it starts with you and me by stepping in to pay closer attention to the seniors living next door or down the block. If you notice a broken basement window, broken step, missing hand-railing, there are helping hands available often without cost to the senior homeowner. You can offer to contact any of the following non-profits, and assist in completing the application.

Unlimited Choices, (503) 234-6167 [www.unlimitedchoices.org/](http://www.unlimitedchoices.org/)

Rebuilding Together Portland, (503) 943-7515 [rtpdx.org/](http://rtpdx.org/)

REACH Community Development, (503) 231-0682 [reachedc.org/](http://reachedc.org/)

Habitat for Humanity, (503) 287-9529 [www.habitat.org/](http://www.habitat.org/)

Meals on Wheels People - Portland, (503) 953-8202

[www.mealsonwheelspeople.org](http://www.mealsonwheelspeople.org)

Oregon Food Bank - Portland, (503) 282-0555 [www.oregonfoodbank.org](http://www.oregonfoodbank.org)

Located in the Gateway area, PACS: Helping People since 1934, runs the Health Clinic, Thrift Store, and their Food Pantry serves 1,400 families once a month,

**Random Acts of Kindness continues with each of us... .**

Might I suggest when mowing your lawn, take another 20-minutes to mow your elderly neighbors lawn, and pull down their trash bins to the curb. Don't be surprised when he/she pulls back your empty trash bins. As for MAS, when I heard Mrs. Santa Claus from on Peacock had moved into an **Assisted Living Facility**, I went to visit her. Apparently, there a federal regulations requiring facilities provide fresh fruit. Little

wonder when opening the bag of Hood River Bing Cherries, she said, "Apples! Oranges! Bananas!, so help me if I eat one more banana, I will grow a monkey's tail." For the next 19-months, my visits saved her \$8.00 in weekly fees, by simply putting clean laundry away. Every Saturday, I visited in my friend of 40-years, a retired Multnomah County employee. Unlike Mitch Albom's Tuesdays with Murray, I did not take notes... . Yet, I will treasure her stories... .

### **Older Americans living on Social Security fixed income... .**

My friend's Mother, lived 65 years in a Montavilla bungalow, at age 96. Her house was sold for \$206,000. She moved into a **Long-Term-Care-Facility** for \$8,000 a month, plus an \$8.00 fee point system. LTCF fees rising annually, within five years her "house money" was exhausted. Medicaid stepped in until she died at 103. Yes, she was sharp as a tack, and a joy to visit.

To be honest, the employees working in **Assisted Living Facility, Long-Term-Care-Facility** are simply too busy to visit. CNA are assisting patients with daily living skills, with bathing, dressing, spoon feeding, walking the halls, and/or dispensing medications. So if you have a passion for the rights of our elders, volunteering as a **Certified Ombudsman** will give you the opportunity to make a one-on-one difference. And for those of you too busy to "spend time" volunteering, you can help our elders by making donation one of the non-profits I mentioned earlier.

As for the Bully Grinch on Peacock Lane? Granted, Mayor Hales, Commissioner Dan Saltzman and/or Paul Allen do not live on Peacock Lane, and yes the Developer's will construct a show box between English Cottages "by right". This is a equity socioeconomic issue. Those who live on Peacock Lane lack resources to purchase the "in-fill-middle" sub-standard lot matching Vic Remmer's asking price: \$350,000. Again, and again, he has not been respectful of the culture, charm and character of Portland's older established neighborhoods, when holding Peacock Lane property owners hostage. He is changing City's the neighbor landscape, and laughing all the way to the bank depositing profits without taking his hammer to a six-penny nail. I hope, City Council members must be aware elders may be at risk for financial exportation when buyer is merely an agent for the investor willing to purchase the corner house or a prime peace of real estate. When do Declaration of Restrictive Covenants come into play?

Mary Ann Schwab, Community Advocate

**DECLARATION OF  
RESTRICTIVE COVENANT**

THIS DECLARATION made this \_\_\_\_\_ day of \_\_\_\_\_, 2013,  
by \_\_\_\_\_ (“Declarant”).

**RECITALS**

1. WHEREAS, Declarant is the owner of the real property (“Property”) described in the attached Exhibit “A.”
2. WHEREAS the Property is part of the Eastmoreland Neighborhood, which, for purposes of this Declaration, includes all of the lots shown on the plats attached as Exhibits \_\_ through \_\_ (“Plats”);
3. WHEREAS, many of the lots in the Eastmoreland Neighborhood, were historically assembled, sold into one ownership and then developed with a single residence and grounds, as if they were one lot, and the resultant development pattern created a recognizable and desirable neighborhood identity;
4. WHEREAS, this neighborhood identity is threatened by the destruction of existing residences to provide an opportunity for denser development on lots that together formerly comprised a single ownership, and that, with the new residences, are then sold separately;
5. WHEREAS, Declarant wishes to restrict the separate sale of the lots that comprise the Property and to this end wishes to subject the Property to the covenants and restrictions hereinafter set forth;

NOW, THEREFORE, Declarant declares that the Property shall be held, transferred, sold, conveyed and occupied subject to the following covenants and restrictions, which shall run with the land, which shall be binding on all parties having or acquiring any right, title, or interest in the Property or any part thereof, and which shall inure to the benefit of each owner of the lots in the Eastmoreland Neighborhood, their successors and assigns; and to the benefit of the Eastmoreland Neighborhood Association, a domestic non-profit corporation, its successors and assigns.

**COVENANTS AND RESTRICTIONS**

1. The lots that comprise the Property, whether designated as “tax lots,” “lots of record,” “legal lots,” or by some other label, shall not be sold separately, but shall be maintained in one ownership.
2. The Property shall not be developed with more than one residence, a garage, and other accessory structures.

IN WITNESS WHEREOF, the undersigned being Declarant herein, has executed this instrument this \_\_\_\_\_ day of \_\_\_\_\_, 2013.

By: \_\_\_\_\_  
Title: \_\_\_\_\_

STATE OF OREGON        )  
                                  )        ss:  
County of Multnomah)

This instrument was acknowledged before me on \_\_\_\_\_ (date) by  
\_\_\_\_\_ (name of person) as  
\_\_\_\_\_ (title) of  
\_\_\_\_\_.

\_\_\_\_\_  
Signature of Notarial Officer

My Commission Expires: \_\_\_\_\_

**Parsons, Susan**

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**To:** Parsons, Susan  
**Subject:** RE: Barbara Kite - May 25th Communication request = Mary Ann confirmed

**From:** Parsons, Susan  
**Sent:** Tuesday, May 10, 2016 8:21 AM  
**To:** 'Schwab Mary Ann' <e33maschwab@gmail.com>  
**Cc:** Coleman-Evans Claire <eclair27@comcast.net>; Moore-Love, Karla <Karla.Moore-Love@portlandoregon.gov>  
**Subject:** RE: Barbara Kite - May 25th Communication request = Mary Ann confirmed

Mary Ann,  
Thank you for your email. We have you confirmed for Communications on May 25.

Susan Parsons  
Assistant Council Clerk  
City of Portland  
[susan.parsons@portlandoregon.gov](mailto:susan.parsons@portlandoregon.gov)  
503.823.4085

**From:** Schwab Mary Ann [<mailto:e33maschwab@gmail.com>]  
**Sent:** Tuesday, May 10, 2016 6:55 AM  
**To:** Parsons, Susan <[Susan.Parsons@portlandoregon.gov](mailto:Susan.Parsons@portlandoregon.gov)>; Moore-Love, Karla <[Karla.Moore-Love@portlandoregon.gov](mailto:Karla.Moore-Love@portlandoregon.gov)>  
**Cc:** Coleman-Evans Claire <[eclair27@comcast.net](mailto:eclair27@comcast.net)>  
**Subject:** Re: Barbara Kite - May 25th Communication request

Good Morning Sue and Karla,  
This to confirm my May 25th Communication request,  
Topic: City Council proclaims MAY, 2016 Older Americans Month, so let's start by asking ourselves -- what can we do to support Elder's in Action in Elders in Action in achieving its mission "to assure a vibrant community through the active involvement of older adults"... ?

The time has come for the Trades to volunteer their skills with Unlimited Resources, Rebuilding Together Portland, REACH, Habitat for Humanity; deliver Meals on Wheels, or simply when mowing your lawn take another 20-minutes to mow your elderly neighbors lawn, and/or pull down the trash bins. Ombudsman visiting your neighbor now living in a Assisted Living Facility, as I did weekly with for Peacock Lane's Mrs. Santa Claus, a retired Multnomah County employee. The stories you hear will be treasured. seniors in Assisted Living Facilities.

Mary Ann Schwab, Community Advocate  
605 SE 38th Avenue  
Portland, OR 97214-3203  
(503) 236-3522

PS Claire please forward to Barbara and Dixie,  
Is it possible for us to meet in the SWNI office, or near-by coffee shop on Thursday, May 19th, or Friday, May 20th.

